

THE
MIGHTY DESTROYER
D I S P L A Y E D,

IN SOME ACCOUNT OF THE

Dreadful HAVOCK made by the mistaken Use as
well as ABUSE of

DISTILLED SPIRITUOUS LIQUORS.

L Anthony Benezet

BY A LOVER OF MANKIND.

ECCLESIASTES vii. 29.

*Lo this only have I found, that God hath made man up-
right ; but they have sought out many inventions.*

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THE
MIGHTY DESTROYER

DISPLAYED, &c.

OBSERVING some years ago the dreadful havock made by the excessive use of distilled spirituous liquors in this part of the world, I was induced to insert in one of the almanacks an extract of what had been written on that subject by Dr. Hales, fellow of the Royal Society, containing his own remarks, with the sentiments of several persons of note in the physical way; whose knowledge of the nature of distilled liquors, as well as of their effects on the human frame, best qualified them to give a right judgment thereon. And as the excessive and indeed mistaken use of these liquors continues, and rather increases, on this Continent, 'tis thought a republication of those senti-

A 2 ments,

ments, with some additions, may, thro' divine blessing, be beneficial to many; particularly to some well-minded people, who are under mistaken prejudices on this most interesting subject. "My principal and indeed only motive," says this benevolent author, "is to endeavour to rouse the caution and indignation of mankind, against those mighty destroyers and debasers of the human species, *fermented distilled spirituous liquors*; those worse than infernal spirits, which bewitch and infatuate the nations with their forceries."—An evil so amazingly great, that did not woeful experience too fully prove it, it seems incredible, that any whom it concerns could possibly be so negligent, as not to use their utmost endeavours to suppress this destructive *man-bane*.

That eminent physician Dr. Hoffman expressly cautions against the use of distilled spirituous liquors. "Because," says he, "they are, above all things, most unwholesome, being caustic burning spirits; which, by inflaming the solids, and thickening the fluids, cause obstructions, which bring on many fatal diseases, such as hectic fevers, jaundices, dropsies, &c. whereby multitudes are yearly and daily destroyed." He also observes,

observes, “ that they rot the entrails, such
 “ as the liver, stomach and bowels ; as
 “ it is evident, not only by opening the
 “ bodies of those who are killed by drink-
 “ ing them, but also by what is observed
 “ in Germany of the effect which the
 “ caustic, fiery, remaining wash of the di-
 “ stillers, has on the guts of hogs ; which
 “ are thereby so tendered, that they can-
 “ not make puddings with them.”—He
 farther observes, “ That the flesh of such
 “ hogs will not keep, even when salted,
 “ so well as the flesh of other hogs.” Dr.
 Cheyne, in his essay of health and long
 life, says, “ All people, who have any re-
 “ gard to their health and lives, ought
 “ to tremble at the first cravings for such
 “ poisonous liquors. The maladies begot
 “ by them, bring forth necessity upon ne-
 “ cessity of drams and gills ; till, at last,
 “ a kind dropsy, nervous convulsion, flux,
 “ if not a fever, or phrenzy, sets the poor
 “ soul free. It has often raised in me the
 “ most melancholly reflections, to see the
 “ virtuous and sensible, bound in such
 “ chains and fetters, as nothing less than
 “ omnipotent grace or the unrelenting
 “ grave could release them from.”

Doctor Short, in his history of mineral
 waters, page 225. says, “ The oftner I
 “ reflect on the mischief done by distilled
 “ spirits,

“ spirits, the more I am confirmed, that
 “ the human race had been happier had
 “ drams never been known: and I can-
 “ not help cordially joining with Doctor
 “ Allen, in his *Synopsis Medici*, A.
 “ 1633. *That the plentiful devouring of those*
 “ *spirits has killed as many thousands of*
 “ *men, as there are stars in the sky. Nay,*
 “ *ten times ten thousands have died by these,*
 “ *more than all the rest of the poisons what-*
 “ *ever.*”

Doctor Lind, in his treatise on the scurvy, says, “ He observed most destructive
 “ distempers to be much increased, even
 “ to mortality, by distilled spirituous li-
 “ quors; which sailors are too apt gree-
 “ dily to swallow down.” And Doctor
 Hales observes, from the remarks made
 to him by an eminent surgeon, “ That
 “ the stomachs of great dram-drinkers
 “ were contracted into half the common
 “ natural size, and hard; somewhat like
 “ leather, that had been held to the fire.
 “ The consequence of which was, loss of
 “ appetite, and a wasting consumption.”

It is pretended, that drams comfort,
 warm, and defend from the severity of
 weather, to which men are sometimes ex-
 posed; without which, they say, they
 should perish with cold; which is proba-
 bly, in a great measure, true of those
 who

who are habituated to drink them; the blood of such being thereby so much impoverished, that it is well known many of the drinkers of drams are cold and lifeless in the midst of summer, without frequent repetitions: this is what some of them have owned. But on the other hand, how much more able are sober persons to endure cold and hardships? their vital heat not being extinguished by intemperance, does, by its kindly genial warmth, more effectually secure them from the inclemency of the weather, than the false flash of a dram. Besides, it is well known, that men did not perish in the coldest countries for want of drams formerly, when they were not to be had. Of the undoubted truth of this, Captain Ellis gives a full proof in the account of his voyage to Hudson's Bay, page 199. Where he observes, " That the natives on
 " the very cold coast, of that Bay, to
 " whom the French are kinder than to
 " sell distilled spirituous liquors, are tall,
 " hardy, robust and active; whereas those
 " of them that are supplied with drams
 " from the English, are a meagre, dwarfish,
 " indolent people, hardly equal to the
 " severity of the country, and subject to
 " many disorders."

And

And as to the pernicious effects of spirituous liquors in very hot climates, (as on the coast of Guinea) it is observed, that the French and Portuguese, who do not indulge in distilled spirits, are healthy compared with the English; who, drinking freely of spirits, &c. die fast. Thus, also, it is observed of the women in the West-Indies, that being sober, they live long; but it is often otherwise with the men, who are more generally intemperate.

The unhappy dram-drinkers are so absolutely bound in slavery to these infernal spirits, that they seem to have lost the power of delivering themselves from this worst of bondage. How much then is it the bounden duty of those, who have it in their power, to with-hold this destructive *man-bane*, either as parents, masters, or rulers to the people committed to their trust.

Since then the evil is become so notoriously epidemical as to debilitate and destroy multitudes, in most parts of the world; it behoves all, who have any bowels of pity for their fellow-creatures, more especially the governors of the nations, as guardians and tender fathers, to guard the people committed to their charge from this *mighty destroyer*. Can there be any
 confi-

consideration, of sufficient weight, to the contrary. Is it sound policy to encourage vice in the people, because a present revenue arises from their debaucheries? Where will the revenue be, when the people, who should pay them, are destroyed? Are not a hardy, industrious healthy people, always found to be the most able to contribute amply to the support of government? And will not temperance, in the end, be found a more effectual means to increase the real wealth and strength of a nation, than to make drunkenness the cheapest of vices? But if the consideration of the inhumanity of being instrumental to the destruction of multitudes, and in a manner, in some parts of the world, of whole nations, is not of weight enough to influence; yet, sure, the awful consideration, that it must needs be highly displeasing to our merciful Creator, to have his favourite creature man thus debased, disgraced, and destroyed both in body and soul, ought to have its due weight. Can it in reason be expected, that he will always remain an unconcerned spectator of such astonishing proceedings? And will he not in mercy visit the nations for these things, to prevent the still much greater ruin of future generations, in conformity to his usual

method of proceeding, when irregularities are arrived to great excesses? This disease has now attained to so enormous a pitch, that it is much to be feared nothing less than God's severe fatherly correction, will effectually cure it in many of the nations; who seem as supine and unconcerned about it, as if only so many thousands of locusts were destroyed thereby: for if in fifty or sixty years this destructive pest has spread thus far and wide, how vastly greater will the havock amongst mankind be in an hundred years more, if some check be not put to its career?

If it had been said, an hundred years ago, to any of the rulers of the nations, that they should patiently, and even unconcernedly, see such multitudes of their subjects destroyed both body and soul, and that only for filthy lucre; would they not, with indignation, have said as Hazael did to Elisha, 2 Kings viii. 13. "*But what is thy servant a dog, that he should do this great thing?*" The plain truth is, that it is with the nations as it frequently happens to private persons, that when they grow gradually from bad to worse, they, at the same time, become more and more hardened, so as to be even reconciled to practices for which they had

at first the utmost detestation and abhorrence; for familiarity takes away our attention, and robs things of their power to strike strongly upon us.

Though thousands and tens of thousands perish every year by distilled spirituous liquors, yet few appear to lay it effectually to heart. I must here except the heads of the poor wild Indians, of the Six Nations situate back of New-York, and other parts of North-America, who being sensible of the great destruction made amongst them by distilled spirituous liquors, have long since, and do still continue, earnestly to desire, that no such spirit should be sold to their people. At a treaty held at Carlisle in this province, with the deputies of the Six Nations, the Delawares and other western Indians, in the year 1753, Scarrooyady, one of the chiefs of the Six Nations, speaking on behalf of all the Indians present, expressed himself to the following effect, *viz.* “ The rum
“ ruins us: we beg you would prevent
“ its coming in such quantities, by regulat-
“ ing the traders. We never under-
“ stood the trade was for whiskey *. We
“ desire it may be forbidden, and none
“ sold

* A spirit made of grain.

“ fold in the Indian country; but that if
 “ the Indians will have any, they may go
 “ amongst the inhabitants, and deal with
 “ them for it. When these whiskey tra-
 “ ders come, they bring thirty or forty
 “ cags, puts them down before us, and
 “ make us drink, and get all the skins
 “ that should go to pay the debts we
 “ have contracted, for goods bought of
 “ the fair trader; and by these means,
 “ we not only ruin ourselves, but them
 “ too. These wicked whiskey sellers,
 “ when they have once got the Indians
 “ in liquor, make them sell their very
 “ clothes from their backs. In short, if
 “ this practice be continued, we must be
 “ inevitably ruined. We most earnestly,
 “ therefore, beseech you to remedy it.”

The Indian speaker gave, as is usual with
 them in matters of moment, a treble string
 of wampum, in confirmation of this re-
 quest. The destructive effect of distilled
 spirits, have also extended their baneful
 influence amongst the people of Africa.
 It is, in a great measure, through the in-
 troduction of those infernal spirits, that
 the poor negroes have been as it were
 bewitched, and prevailed upon to capti-
 vate their unhappy country people, in or-
 der to bring them to the European mar-
 ket: hence devastation, bloodshed and mi-
 sery

sery have spread in their land; many thou-
 sands, and hundreds of thousands, have
 been doomed to a miserable thralldom;
 and many, very many, brought to a cru-
 el and untimely end: innumerable in-
 stances might be mentioned, to confirm
 this melancholy truth; of which I shall
 mention two, *viz.* Andrew Brue, the
 noted French factor, who resided sixteen
 years in Guinea, tells us, " That, in ge-
 " neral, brandy is the best commodity
 " amongst the negroes, as they love it to
 " excess: that it is easy, from hence, to
 " estimate the vast profit made by the
 " company, when its store-house is well
 " provided with this liquor." And Fran-
 cis Moor, the English factor, in his ac-
 count of Africa, says, " That it was to
 " the king of Barsailly's insatiable thirst
 " for brandy, that his subjects freedom
 " and families were in so precarious a si-
 " tuation," &c. &c.

It is no uncommon thing for habitual
 rum-drinkers, when a fit of sickness comes
 on, which they conclude will be their last,
 to desire to have plenty of rum by them;
 by which means, they continue intoxi-
 cated till death: to so astonishing and de-
 plorable a sottish condition have they re-
 duced themselves! This is a case so cala-
 mitous to mankind, that to have a tho-
 rough

rough sense of it, and yet not to remonstrate, nor earnestly caution against it, is certainly as criminal as it is unfriendly not to warn a blind person of a dangerous precipice or pit; yet, alas! how unconcerned are the greatest part of mankind at this most enormous ruin of multitudes! In trials for life, what diligence is used to find the occasion of the loss of one subject! What care will not a faithful physician bestow for the preservation of one life! How did the wise Romans honour him, who saved the life of one Roman citizen! But in the present case, it is not one, nor one hundred, nor one thousand, but probably no less than a million that perish, yearly, by this worst of plagues. How then dare the governors of nations be unconcerned or silent in a cause in which humanity, virtue, and the real welfare of mankind, both civil and religious, are so deeply concerned? A cause, which tends not only to the weakening the faculties, enervating the bodies of men, but also in debasing the species, and shortening the lives of multitudes.

But the most afflictive and dreadful effect of the common use of distilled spirituous liquors, are, that it not only heightens the passions of men and depraves their
 morals;

morals ; but what is infinitely worse, and ought to be *an awakening* consideration, they become prophane and abandoned, and to the last degree regardless of their duty to God and man ; the feelings of the mind are gradually benumb'd, and an insensibility to the healing influence of religion ensues.

The Almighty who has so curiously wrought our wonderful frame out of the dust, knowing how prone we are to disorder it by irregularities, hath of his tender fatherly care of us, not only implanted in us a strong desire of life and self-preservation, but has also strictly warned us to avoid all destructive irregularities and vices, and to practise those virtues which are so well adapted to our nature, that they have a direct tendency to give health to the soul, as well as marrow to the bones, Prov. cxi. 3. Yet how is this delicate, this curiously wrought frame, abused and disordered by repeated irregularities of many kinds, but never before to the enormous degree that it has of late years arrived at by the excessive abuse of these fermented, distilled spirituous liquors, which, by their mischievous effects, seem to claim Satan himself for their author. The benevolent author first mentioned from whose collection great part of
the

the foregoing is collected, observes, “ That
 “ if any of his readers should think the
 “ subject is overpressed, such are desired
 “ to consider that the calamitous urgency
 “ of the case absolutely requireth the most
 “ patheticall expostulation, to rouse the
 “ attention and indignation of mankind,
 “ against this greatest of all plagues that
 “ ever beset unhappy man, which is both
 “ our sin and our most severe punish-
 “ ment.”

Dr. Cheyne farther observes, “ That if
 “ only the profligate, the scoundrel, the
 “ abandoned run into these excesses, it
 “ were as vain to endeavour to reclaim
 “ them, as it were to stop a tempest, or
 “ calm a storm: But that now the vice
 “ is become epidemical, since it has got
 “ not only among mechanics and trades-
 “ men, but among persons of the bright-
 “ est genius, the finest taste, and the most
 “ accomplished parts. And oh! that I
 “ could (adds the doctor) give my con-
 “ science the lye in not mentioning them,
 “ even among the first and least fallen
 “ part of the creation itself, and those
 “ of them too, of the most elegant parts
 “ and the strictest virtue, even of those
 “ who are in other respects blameless.
 “ Since the case is so, it will not be amiss
 “ to shew, to the evidence of a demon-
 “ stration,

“ stration, the folly as well as fruitless-
 “ ness of such a course. A fit of the
 “ colick, or of the vapours; a family
 “ misfortune; the death of a child, or of
 “ a friend, with the assistance of the nurse
 “ or the next neighbour, often gives rise
 “ and becomes the weighty causes of so
 “ fatal an effect. A little lowness requires
 “ drops, which pass readily down under
 “ the notion of physic: Drops beget drams,
 “ and drams beget more drams, till they
 “ come to be without weight and without
 “ measure—did this bewitching poison ac-
 “ tually cure or relieve them from time
 “ to time, something might be said to ex-
 “ tenuate the folly and the frenzy of such
 “ a course, but on the contrary, it height-
 “ ens and enrages all their symptoms and
 “ sufferings ever afterwards, excepting
 “ the few moments immediately after
 “ taking it down; and every dram be-
 “ gets the necessity of two more to cure
 “ the ill effects of the first, and one mi-
 “ nute’s indulgence they purchase with
 “ many hours of greater pain and mise-
 “ ry, besides making the malady more
 “ incurable. Low spiritedness itself is no
 “ disease; besides there are remedies that
 “ will relieve it so long as there is any oil
 “ remaining in the lamp. — Exercise,
 “ abstinence and proper evacuations, with

“ time and patience, will continually
 “ make it tolerable; very often they will
 “ perfectly cure. The running into drams
 “ is giving up the whole at once, for
 “ neither laudanum nor arsenick will kill
 “ more certainly, altho’ more quickly.”

The mistaken use and grievous abuse of rum and other distilled spirits, perhaps in no case appear more palpably than at the time of harvest, a business which, under the Mosaic Dispensation, was particularly enjoined to be carried on with humiliation and thanksgiving, and ought by all means, to be observed as such under the gospel; but through the abuse of spirituous liquors, is made an occasion of a greater abuse of the creature and dishonour of the Creator; this arises, in many, from a mistaken persuasion that hard labour, particularly that of the harvest field, cannot be carried on without a quantity of rum or other distilled spirits; and in support of this opinion, we are frequently told of the many people who have died in the field through extream heat and fatigue, and it is supposed that many more would die, if a plentiful use of spirituous liquors was not allowed. But this I am persuaded is a great mistake, it being much more likely that the free use of rum occasioned the death of those people; the
 quantity

quantity they had swallowed down, sending a greater flow of spirits into the head than the strength of the body could support. Indeed the repeated large quantities of rum commonly drank during the whole time of harvest, keeps up the blood in a continual ferment and fever, in which state people cannot have a proper restorative sleep; their constitutions are thereby enervated, their lives shortened, and an unfitness for religious impressions generally prevails.

These most solemn and weighty considerations, have induced some well-minded people to endeavour to lead, by their examples, their friends and neighbours into a contrary practice; and under these attempts, experience has made it manifest, that very little or no strong liquor is necessary at those times; indeed they have been convinced that the harvest and other laborious work, can be very well managed without making use of any spirituous liquors at all. If such labour was carried on with steadiness and proper moderation, there would certainly be no need of a recruit of strength being sought for by that means; more frequent intervals of rest, with a little food, oftener allowed the reapers, and small drinks; such as molasses and water made agreeable with a little cyder,

cyder, small beer, or even milk and water, would fully enable them to perform their work to their employer's satisfaction and their own advantage; and the overplus wages they would receive, instead of the spirituous liquors usually given, might be sufficient to purchase bread for their families.

This sober and moderate manner of proceeding was certainly the general practice in this province, for a considerable number of years after its first settlement, when but small quantities of strong liquors, and often none at all could be procured*. The people in those early times maintained their health, and were enabled to perform their labour to satisfaction. But this did not long continue, the great call for our provisions

* In a printed oration, not long since pronounced by Dr. Rush, before the Philosophical Society of this city, we are told at page 65, " Some of you
 " may remember the time, and your fathers have
 " told those of us who do not, when the diseases of
 " Pennsylvania were as few and as simple as those
 " of the Indians. The food of the inhabitants was
 " then simple; their only drink was water; their
 " appetites were restrained by labour: religion excluded the influence of sickening passions: private
 " hospitality supplied the want of public hospitals:
 " nature was their only nurse: temperance their
 " principal physician."

visions brought us into connections with those countries from whence rum was procured; and the desire of gain has since in a progressive encrease, induced our traders to bring us plenty of distilled spirits, and together with them *diseases and death* in return for our flour, and other useful produce. So early as the year 1728,* we find the introduction and consumption of rum had made an amazing progress, and began to rouse the attention of some of the considerate, may I not say, of the lovers of their country in that day. And from the too apparent general use, there is

no

* Extract from the Pennsylvania Gazette, for the year 1728. Philadelphia, the 7th of the 11th month, 1728, we have the following surprizing tho' authentick account of rum imported in Pennsylvania the last year.

6 Puncheons,	}	Which, by computation is
1556 Hogsheads,		224,500 gallons, of which
927 Tierces,		there was exported but 11400
276 Barrels,		gallons.

So that by a modest computation there *has been* consumed in one year, at least twenty-five thousand pounds in rum. This excessive drinking of rum, as it has slain its thousands, is likely to destroy its ten thousands, for by its corrosive and fiery property, it debauches the stomach, dries up the radical moisture, poisons the juices, inflames the blood; untheaths the bowels, debilitates the nerves and stupifies the brain.

no room to suppose but that it has gone on in an increased proportion to our numbers; tho' not now so easily ascertained, from the additional numbers of ports, and various means of procuring it: Nor ought we to omit, in such accounts, the large quantities of whisky and other liquors distilled amongst ourselves from grain, fruit, and molasses, which cannot well be calculated.

I have heard of several thoughtful people who, from a persuasion that the common method of giving spirituous liquors to labourers was exceeding hurtful, have made it a condition with those they have employed, not to use any spirituous liquors in their fields; these have had their work performed to good satisfaction, and without any damage ensuing to their labourers. Nay, where they have remained any considerable time with such employers, they have generally acknowledged themselves sensible of the benefit arising from having thus totally refrained the use of those liquors. A particular instance of this kind occurred last summer, in the case of Joshua Evans, of Haddonfield; this considerate person being convinced that the use of rum and other spirituous liquors, was extreamly hurtful to the labouring people; more especially during
the

the time of harvest, apprehended it to be his duty, to become an example in opposition to this pernicious custom; and he concluded to run all risques of loss and damage, which might happen to himself by the delay of bringing in his harvest, rather than comply with a custom which he apprehended to be so destructive of his fellow *men*.

He therefore offered six-pence per day more than other farmers, to such labourers as were willing to assist in bringing in his harvest, on condition that no spirituous liquors should be used in his fields. Notwithstanding the singularity of such a proposal, a sufficient number of labourers offered themselves, to whom he remarked, That the hurrying manner in which the people drove on their labour in the harvest field, caused an unnatural ferment and heat in their bodies, and of course an excessive thirst ensued, which often occasioned their drinking water, or small liquors, in such immoderate degree as to become hurtful and very dangerous, that this was generally assigned as a reason for the use of spirituous liquors: That, in order to avoid these extremes, he proposed to lead them himself in the harvest work, desiring they would go no faster than he did; they acted accordingly,

ly, and his corn was cut down and brought in as well, if not better, than ever it had been before; and tho' the people drank little but water or milk and water, chusing it rather than cyder and water, or small beer, which they were not used to; they went thro' their business with satisfaction to him and themselves. This person has pursued the same course with labourers he has hired for other work; who, tho' accustomed to spirituous liquors, after having served him several days, have frankly acknowledged they had done very well *without them*, finding themselves in a better state both of body and mind, than when they began to work for him.

This is a plain instance in contradiction to the common prejudice, that labouring people cannot with safety perform their work without using those liquors. Several more examples might be instanced of some considerate people who have made it a rule not to make any use of spirituous liquors, either amongst their workmen in the prosecution of their trades, or on their plantations. To these experience has shewn, that their people could not only do as well without it, but found themselves much better in health, and well satisfied in mind.

Several physicians of eminence have declared themselves in favour of this sentiment;

ment ; amongst others, the celebrated doctor Buchan, in his Domestic Medicine, or Family Physician, a work so well esteemed as to have been, within these two years, twice reprinted in this city. At page 71, of the English edition, he says, “ Many imagine that hard labour could “ not be supported without drinking “ strong liquors. This, tho’ a common, “ is a very erroneous notion. Men who “ never tasted strong liquors are not only “ able to endure more fatigue, but also “ live much longer than those who use “ them daily*. But suppose strong liquors “ did enable a man to do more work, “ they must nevertheless waste the pow- “ ers of life, and of course occasion pre- “ mature old age. They keep up a con- “ stant fever, which wastes the spirits, “ heats and inflames the blood, and pre- “ disposes the body to numberless diseas- “ es.”

At page the same, the author tells us, “ That all intoxicating liquors may be “ considered as poisons. However dis-
D “ guised,

* The few of these, who notwithstanding their excess, may have attained to a considerable age, it is most reasonable to suppose, would have lived much longer, had they been temperate.

“guised, that is their real character, and
 “sooner or later they will have their ef-
 “fect.” It is a prevailing opinion in fa-
 vour of drinking spirituous liquors at har-
 vest, and other hard labour, that it gives
 relief by throwing out the sweat. Now,
 moderate quantities of any small liquor,
 even water itself, if not drank too cold,
 and particularly if sweetned with molasses,
 and a little four’d with some proper acid,
 would certainly answer the purpose, with-
 out the bad effects which attend the use
 of spirits.

It is well known that a pint of good mo-
 lasses will, in distillation, afford rather more
 than a pint of good proof rum; therefore
 must contain as much, if not more real
 strength than the same quantity of rum,
 without any of its noxious qualities; be-
 ing then in the state the Almighty first
 formed it, the fiery property so clothed
 and united with the earthy and balsamick
 parts, as to cause it to be quite friendly to
 our nature, and not liable to intoxicate;
 as the spirit alone will, when separated by
 distillation from the other parts.

Small beer or water mixed with some
 of our home-made wines; or, as before
 said, water mixed with a due quantity of
 molasses, made agreeably acid, to such as
 chuse it, by mixing it with a due propor-
 tion

tion of cyder, or some other acid liquor, or even good vinegar*; milk and water, or even water itself, if used with caution, will answer all the purposes of common drink for labouring people.

Amongst the several prejudices in favour of the mistaken use of spirituous liquors, there is none gives it a greater sanction or support, than the prevailing opinion, even with persons of reputation, that what they term a moderate quantity of rum mixed with water, is the best and safest liquor that can be drank; hence confirming it, that spirit in one form
or

* We find by history, that the Roman soldiers in their long marches, often thro' parching deserts, loaded with heavy armour, used vinegar and water as the most suitable refreshment, they carried with them two vessels, either of tin or leather, the one filled with water, the other with vinegar. It also appears from scripture, in the case of Ruth, when in the harvest field of Boaz, that it was customary to make use of vinegar, as a suitable refreshment in that labour. Ruth, chap. ii.

I was informed by a person who resided some time with the Indians, that they made a drink with parched corn, which was very agreeable and refreshing. The corn, after being parched, is pounded and sifted, the mealy part mixed in water, with molasses or sugar, to this some proper acid might be added, which would make it yet more agreeable and wholesome.

or other is necessary. To such who have not been accustomed, and think they cannot habituate themselves to drink water, there may appear to be some kind of plea in this argument, especially to travellers, who often meet with beer, cyder, or other fermented liquors that are dead, hard, sour, or not properly fermented, which tend to generate air in the bowels, producing colicks, &c. But I believe if those persons suffered the weight of the subject, and the consequence of the encouragement they thereby give to the use of these destructive spirits, to take proper place with them, it might suggest the propriety, if not necessity, of introducing a more salutary practice to themselves and families. That pure fluid (water) which the benevolent father of the family of mankind points out for general use, is so analogous to the human frame, that except in a very few cases, people might with safety gradually use themselves to it: And as to such well-disposed people who still retain a favourable opinion for the use of spirit mixed with water, ought they not, even from love to mankind, to endeavour to refrain from, and example others against it, (on account of the prodigious havock made by the use of spirits) agreeable to the example set us by the Apostle Paul,

Paul, Cor. viii. 13. *If meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend*; how much more then ought they to refrain from that which may tend to establish mankind in a practice so generally destructive; more especially when they consider the danger themselves are in, of encreasing the quantity of spirit with their water; as it has been observed, that the use of this mixture is particularly apt, almost imperceptibly, to gain upon those who use it; so that many otherwise good and judicious people, have, unwarily to themselves and others, fallen with the common herd, a sacrifice to this mighty devourer. And where water is met with, as is sometimes the case, which is scarce fit to drink; its vain to think to remove the noxious qualities by mixing it with spirit; for tho' bad water may be made more palatable by mixing spirit with it, yet all the bad qualities of the water will remain, to which will only be superadded the bad qualities of the spirit. There are many ways proposed by which water may be helped without any such additions, as by filtration, thro' porous stones, or thro' an earthen vessel, in the bottom of which there is a quantity of sand, which retains the noxious mixture. Hard water
may

may be made soft by boiling, or by being exposed to the sun and air. Some propose mixing water, which is impure, with loam; this being well stirred and left to settle, the noxious parts will subside with the loam, and the water may be drawn off clear and fit for use.

Dr. Cheyne in his treatise before mentioned, observes, That without all peradventure, water is the primitive original beverage; as it is the only simple fluid fitted for diluting, moistening and cooling—the ends of drink, appointed by nature, and happy had it been for the race of mankind, if other mixed and artificial liquors had never been invented. “ It has been an agreeable appearance to me, says this author, to observe with what freshness and vigour those who, tho’ eating freely of flesh meat, yet drank nothing but this element, have lived in health, indolence, and chearfulness to a great age. Water alone is sufficient and effectual for all the purposes of human want in drink. Strong liquors were never designed for common use. They were formerly kept in England, as other medicines are, in apothecaries shops.” Speaking of the effects of wine (a liquor in general much less hurtful than distilled spirits) which he says to have been so much in use at the time he wrote, that

that the better sort of people scarcely diluted their food with any other liquor, he remarks, " That as natural causes will always produce their proper effects, their blood was inflamed into gout, stone, and rheumatism, raging fevers, pleurifies, &c. Water is the only dissolvent or menstruum, and the most certain diluter of all bodies proper for food."

Doctor Short, in his discourse of the inward use of water, speaks much in its commendation. He says, we can draw a very convincing argument of the excellency of water, from the longevity and healthfulness of those who at first had no better liquor, and the health and strength of body and serenity of mind of those who at this day have no other common liquor to drink. Of this the common people amongst the Highlands of Scotland, are a sufficient instance, amongst whom it is no rarity to find persons of eighty, ninety, yea an hundred years of age, as healthy, strong, and nimble, as wine or ale bibbers are at thirty-six or forty*. The excellency of
water,

* I was informed by a person of credit, from his own observations in Scotland, of the strength and hardiness of the common people there; and of their
ability

water, the doctor says, may be argued from the great success people, otherwise despicable, have attained over other nations, while they remained content with the product of nature for drink. Of this the Persian, Grecian, and Roman monarchies are instances. This was also the case of our ancestors, the Saxons, Danes, and Normans, whilst their manners remained simple, and their food and drink such as nature had provided, they encreased to such a degree, that their country not being able to contain them, they were obliged to send out swarms of people to seek for settlements in the more southern parts of the world; these gradually settled themselves in the different parts of the Roman empire: But since those Northern Kingdoms have forsaken the wholesome customs of their forefathers, and habituated themselves to the use of strong liquors, they are so enfeebled, and their numbers have so much decreased, that many parts of
their

ability to bear cold and fatigue; tho' the cold is great in winter, and their support in some parts principally, if not wholly when abroad, confined to oatmeal and water; he has seen a shepherd laid down to rest or sleep on the mountain, without any shelter, wrapt up in his plaid in cold snowy weather, such as would have froze most other people.

their own country now remain unculti-
 vated. The rulers easy under the pecuni-
 ary advantages which arise, themselves en-
 flaved to the practice of drinking to excess,
 look without concern on this enormous
 ruin of multitudes of their fellow men.
 Thus it is in Russia, where a vast revenue
 is raised from distilled spirituous liquors,
 and a multitude of people proportionably
 large, are destroyed thereby. Again says
 the doctor, " There is a ridiculous maxim
 " used by drinkers, that water makes but
 " thin blood, not fit for business—I say it
 " is water only that can endue its drinkers
 " with the strongest bodies and most robust
 " constitutions, where exercise or labour is
 " joined with it, since it best assists the sto-
 " mach and lungs to reduce the aliments
 " into the smallest particles, that they may
 " better pass the strainers of the body, which
 " separates the nutritious parts of the blood
 " to be applyed to the sides of the vessels,
 " and exercise invigorates the fibres and
 " muscles; whereas the rapid motion of the
 " blood excited by drinking spirituous li-
 " quors, can not fail of being prejudicial
 " to the body, it will cause the watery parts
 " to dissipate and the remaining grow thick
 " and tough, and the event be obstructions,
 " inflammations, imposthumations, &c.—
 " and tho' strong liquors afford a greater
 E " flow

“ flow of spirit for a short time, yet this
 “ is always followed with as much low-
 “ ness of spirit ; so that to gain a necessary
 “ stock of spirits, the person is obliged to
 “ repeat the same force, till he learns a
 “ custom of drinking drams. In this we
 “ are confirmed, if we consider the great
 “ strength and hardiness of poor rusticks
 “ in many parts of the world, whose provi-
 “ sions is mostly vegetable food, and their
 “ drink water.” The doctor adds, “ That
 “ it often happens that persons of tender,
 “ weakly, crazy constitutions, by refrain-
 “ ing strong liquors and accustoming them-
 “ selves to drink water, make shift to spin
 “ out many years.”

Doctor Cadogan, in his treatise on
 the gout, lately printed in this city, tells
 us, “ That water is the only liquor nature
 “ knows of, or has provided for all ani-
 “ mals, and whatsoever nature gives we
 “ must depend upon it, is best and
 “ safest for us ; accordingly we see that
 “ when we have committed any excess or
 “ mistake of any kind, and suffer for it,
 “ ’tis water that relieves. Hence the chief
 “ good of bath, spa, and many other me-
 “ dicinal waters, especially to hard drink-
 “ ers. It is that element that dilutes and
 “ carries off crudities and indigestions, &c.
 “ the mineral virtues they contain may
 “ make

“ make them tolerable to the stomach in
 “ their passage, but do, as I believe, little
 “ more in the body, it is the water that
 “ cures. Wine was given us as a cordial.”

Cheyne says he has known men of weak and tender constitutions, who could neither eat nor digest upon drinking wine, who, by drinking at meals common water heated, have recovered their appetites and digestion, &c. have thriven and grown plump. Speaking of malt liquors, he gives it as his sentiment, that a weak stomach can as readily, and with less pain, digest pork and pease soup, as Yorkshire or Nottingham ale: he adds, That they are of so glutinous a nature as to make excellent bird lime, and when simmered sometime over a gentle fire, make the most sticking, and the best plaster for old strains that can be contrived. Even the small beer that is commonly drank at London, if it be not well boiled, very clear, and of a due age, must be hurtful to persons of weak nerves and slow digestion.

Doctor Buchan tells us, The great quantity of viscid malt liquor drank by the common people of England, cannot fail to render the blood fizy and unfit for circulation, from whence proceed obstructions and inflammations of the lungs. Those who drink ardent spirits or strong wine,

wine, do not run less hazard; these liquors heat and inflame the blood, and tear the tender vessels of the lungs in pieces.

Doctor Short, page 33, after describing the many distempers produced by drinking of malt and other fermented liquors, adds, That seeing constitutions differ, it is not to be expected that spirituous liquors should produce all the same symptoms in one and the same person, yet that all drinkers have several of them; and if they come not to that height, its because they afterwards use great exercise or hard labour, with sometimes thin diluting liquors, which prevent their immediate hurting*.

Its

* Doctor Edward Bancroft, in his natural history of Guiana, which includes the colonies of Surinam, Barbices, &c. writes, That the inhabitants derive no small assistance from the Indians—some of whom reside on almost every plantation.—These Indians however, are debauched by luxury and intemperance, and their manners but ill agree with those of the Indians who have preserved their natural innocence and simplicity. They are encouraged in their propensity to intemperance by the whites, who freely supply them with rum, thereby to attach them more firmly to their service, which considerably impairs their health and diminishes their numbers.—

Speaking

Its customary, and often necessary in the summer season, particularly in afternoons, for people who are spent by labour or application, to have recourse to some kind of refreshment. This is generally of two kinds, very different in their nature and effect, *viz.* The one is a mixture of spirituous liquors, as punch, grog, &c. or fermented liquors, as cyder, beer, &c. The other is mild and diluting, such as tea, or coffee, &c. The use of spirituous or fermented liquors, for the reasons already given, are hurtful and dangerous; more especially, as the sorrowful experience of many within knowledge, has taught that there is very great danger of even sober people

Speaking of the diseases incident to the country, he says, These are as numerous as in other countries, where they have been augmented by cookery, with its stimulating, provocative arts, exciting inordinate appetites, by multiplying the variety of dishes, which blended in the stomach, compose such an incongruous medley, that the digestive organs cannot possibly assimilate the pernicious mass to wholesome chyle. Nor has intemperate luxury been confined to this single innovation. *Water*, the natural drink of mankind as of all other animals, is now contaminated by the mixture of pernicious spirits, which have poisoned one of the principal blessings of life. From this source are derived those tribes of diseases which oppress humanity.

people who use them, with what is termed moderation, becoming habituated and gradually encreasing their strength and quantity, till it proves the ruin of themselves and families.

This caution can scarcely be too often repeated, as it has been so frequently the melancholy situation of persons, otherwise valuable members of society. But the use of mild diluting drinks, such as coffee, or the several sorts of teas, either of our own produce or those brought from the Indies, may be truly termed innocent and friendly to our natures, and very proper to promote a good perspiration and recruit our spirits when dissipated thro' application or labour. And as the use of these innocent dilutors have not escaped censure, more especially from persons who are attached to the use of spirituous or fermented liquors; it may be agreeable to the reader, to hear the sentiments of doctor Cheyne on the subject. And here it may be well to remark that these observations were addressed to the people of England, where the heat not being so great as in these parts, those restorative dilutent drinks are not so frequently necessary. A dish or two of coffee, the doctor says, with a little milk to soften it, in raw or damp weather, or on a waterish

terish and flegmatick stomach, is not only innocent but a present relief.—Tea *, particularly Green, when light and softened with a little milk, if neither too strong nor too hot, he looks upon as a very proper dilutent, very suitable to cleanse the alimentary passages, and wash of the scorbutick and urinous salts: He also recommends tea made of sliced orange or lemon, as one of the best promoters of digestion after a full meal, or when people are dry between meals. As to persons of weak and tender nerves, who find that upon using of these drinks with freedom, or in too great quantity, they fall into lowness and trembling; such ought to use them with moderation and caution.

Again we know, says he, that warm water will most of any thing, promote and assist digestion in persons of weak stomachs and tender nerves; by this alone I have seen several such persons recover to a miracle, when cold mineral waters, bitters, cordials, and drams have done rather harm than good.—Tea is but an infusion in water of an innocent plant: Innocent, he says, because we find by its taste, it has
neither

* The middling priced is esteemed the most wholesome.

neither poisonous, deleterious, nor acrimonious qualities; and we are certain from its use, in the countries it come from †, (which are larger than Europe) that they receive no damage from it; but on the contrary, that it promotes both digestion and perspiration. The arguments for its relaxing the coats of the stomach and bowels by its heat, are of no force; for unless it be drank much hotter than the blood, it can do no hurt that way.—However, I would advise those who drink tea plentifully, not to drink it much hotter than blood warm, whereby they will receive all its benefits, and be secure against all the harm it can possibly do.

Doctor Engelbertus Kæmpfer, physician of the Dutch embassy to the emperor of Japan, in his account of that country, giving a particular account of the growth, preparation, and use of tea; says, It is so common in Japan, that travellers drink scarce any thing else upon the road.—The fresh gathered leaves are dried or roasted
over

† Chambers in his dictionary of arts and sciences, tells us, That the Chinese are always taking tea, especially at meals; it is the chiefest treat wherewith they regale their friends. The most moderate take it at least thrice a-day.

over the fire in an iron pan, and when hot, rolled with the palm of the hand on a matt, till they become curled. They have public roasting houses built for this very purpose, and contrived so that every body may bring their leaves to be roasted. The doctor makes no distinction between green and bohea; the only difference from his account, arises from the different time of gathering. The first, gathered whilst the leaves are tender, has the best flavour and is most valuable; the second is less so: the last, gathered when the leaves are full grown is the cheapest. He gives it as his sentiments, from his observations of the effect of tea, that when properly prepared and of a due age, it gently refreshes the animal spirits, and wonderfully cheers and comforts the mind; it opens obstructions, cleanses the blood, and more particularly removes that tartarous matter which is the efficient cause of gravelly and gouty distempers. This he says it does so effectually, that he never met with any who was troubled either with the gout or stone, amongst the tea-drinkers of Japan. He adds that he is wholly of opinion that the use of teas would be attended with the same success in the like cases, even in Europe, were it not for an hereditary disposition, for either of these distempers derived to some persons from their
ancestors;

ancestors ; and which is frequently cherished and fomented by a too plentiful use of wine, beer, strong liquors and flesh meats. It appears the use of tea meets with opposition in the East countries, as well as amongst ourselves, from those persons whose practice contradicts the use of these kinds of innocent diluting drinks : for the doctor remarks, That in Japan the use of tea is very much cried down by those persons who are lovers of sakki beer, which is there brewed from rice.

All the good qualities ascribed by the above mentioned physicians, to foreign tea, may be as truly applied to teas made of our own country produce, such as sage, balm, burnet, saffrafs, &c. &c. these I am persuaded would answer all, if not more and better purposes than the foreign teas. But I spare to say much on this head at present, lest by discouraging the use of any mild diluting drink, (especially one in such general use, and which simply considered as a diluent, must be acknowledged a good substitute,) any strength should be given to the use of spirituous or fermented liquors in its stead.

We may also make a very good refreshing drink of the nature of coffee ; from roasted wheat, barley, rye, or chesnuts, full as agreeable, wholesome, and nourishing, if not much more so than coffee itself.

Upon the whole it may be asked, What can be done towards preventing or putting a check to the prodigious havock made by the present use of spirituous liquors? To this I shall reply with the respectable author first mentioned. Let such lawmakers, governors, and rulers, who retain any love and pity for their fellow men; let *these* be earnestly requested seriously, and solemnly to consider, whether it is not *their* indispensable duty to use their utmost endeavours, that a stop may be put to this dreadful calamity; let not the apprehension of loss or any present inconveniency, deter any from doing their duty in this respect, because there cannot any inconveniencies possibly arise from the redress of this grievance, which deserves to be named with those evils which will be the undoubted consequence of its continuance. The reasons that have hitherto prevailed to the countenancing of this most destructive practice, ought surely to be rejected with scorn and indignation, when the welfare of such vast numbers are so deeply concerned. What multitudes of lives would thereby be saved, and what innumerable outrages, as theft, murder, &c. prevented: To rectify which, were an apparently vain and fruitless attempt, while drunkenness is made the cheapest of all vices. A vice which can no otherwise be effectually

effectually prevented from raging with its present excessive enormity, and spreading devastation all around, but by laying such high taxes upon distilled spirituous liquors, as well those made amongst us, as those imported from abroad, as will make the drinking it sufficiently expensive to put it out of the reach of so great a number of insatiable drinkers, to use it; at least in its present degree of strength.—“ Alas, “ says he, how astonishing a calamity is “ this, depraving the morals and shortening and destroying the lives of such “ multitudes, probably no less than a million yearly all over the world—were “ but one fourth of this number yearly “ destroyed by raging pestilence, with “ what earnest supplications would mankind deprecate so terrifying and sore an “ affliction.” How severe a judgment is it, when God leaves men to be their own scourgers? with how unrelenting and unmerciful a heart do they execute the most severe punishment upon themselves!—Particulars who view this matter in its full importance, will query, What can an individual or private man do in the case? To these it may be observed, That as popular amendments consist wholly of the actions of individuals, every one who is sincere in his desires, that a remedy may be applied to this mighty evil, must, to the

the utmost of his power, discourage the encrease of spirituous liquors either by importation, distillation, or otherwise, and not deceive themselves, or rather suffer the God of this world to deceive them by means of the specious pretences commonly advanced; such as, That other people will be active in augmenting the quantity if they do not; or, That however people may abuse themselves thro' excess, yet what is deemed a moderate quantity, may lawfully be used; but it may easily be shewn, that these and other arguments commonly advanced, are vain, tho' plausible pretences; that the true motive is the desire of gain: That every new importer and distiller, (and oh that the vender also may bring his situation to the true balance) becomes a party to the evil; gives fresh strength to the practice, by holding out an additional quantity, and of course making it in some degree cheaper, at least easier for their fellow men to come at, to the destruction of their brethren, children of the same father, and who as christians they profess to love as themselves.

And as for such who, tho' convinced of the impropriety of the practice, yet for fear of not having their labour performed, or for other reasons, cannot prevail upon themselves to refrain giving it to their servants and labourers, let these at least so
weaken

weaken and qualify it, as to prevent its immediate destructive effects.

A very eminent physician has given the following direction for the benefit of those who have not wisdom enough left at once to abandon the odious and pernicious practice of drinking distilled spirituous liquors, *viz.* By degrees to mix water with the spirit; to lessen the quantity every day, and keep to the same quantity of water, till in about the course of a week, nothing of the dram kind be used along with the water. By this means the person will suffer no inconveniency, but reap great benefit upon leaving off drams or spirits, as has been tried by many. If any gnawing be left in the stomach upon quite leaving it off, a little warm broth, weak tea, or any thing of that kind, will be of service. The appetite always increases in a few days after leaving off drams, unless by the too long continuance of them, the tone of the stomach is destroyed. And when the stomach is thus affected, a cup of carduus, camomile tea, wormwood or centaury every morning fasting and every evening, will be found a good remedy.

Some

Some GENERAL MAXIMS, mostly drawn from the foregoing, which as they cannot be too obviously held up in the view of the young and inconsiderate, its hoped the observant reader will excuse the repetition.

THE great rule of diet is to study simplicity : Nature delights in the most plain and simple food ; and every animal, except man, follows her dictates.

Nothing conduces more to health and long life, than abstinence and plain food, with due labour.

Water alone is sufficient and effectual for all the purposes of human want in drink : It is the universal dissolvent nature has provided, and the most certain diluter of all bodies proper for food ; quickens the appetite and strengthens digestion most. Doctor Cheyne and doctor Cadogan.

Strong and spirituous liquors were never designed for common use : They were formerly kept in England, as other medicines are, in apothecaries shops : If freely indulged, they become a certain tho' slow poison. Cheyne.

All intoxicating liquors may be considered as poisons ; however disguised, that is their real character, and sooner or later they will have their effect. Doctor Buchan.

Every act of intoxication puts nature to the expence of a fever, in order to discharge the poisonous draught ; when this is repeated almost every day, it is easy to foresee the consequence.

Fevers occasioned by drinking, do not always go off in a day, they frequently end in an inflammation of the breast, liver, or brain, and produce fatal effects.

There is no danger in leaving off drinking strong liquors at once, the plea for continuing them being false and groundless. Cheyne.

Strong liquors do not prevent the mischiefs of a surfeit,

surfeit, nor carry it off so safely as water, tho' they seem to give present relief. Cheyne.

Many imagine that hard labour could not be supported without drinking strong liquors. This tho' a common, is a very erroneous opinion: Men who never tasted strong liquors, are not only able to endure more fatigue, but also live much longer than those who use them daily. Buchan.

Every thing that has past the fire, so that it has had due time to divide and penetrate its parts, as in distillation, as far as it possibly can, retains a caustic corrosive and burning quality ever afterwards.

In the continued distillation of spirits, the action of fire is so strong as to reduce them to liquid fire at last; which will of themselves evaporate in visible flames and fumes. Cheyne.

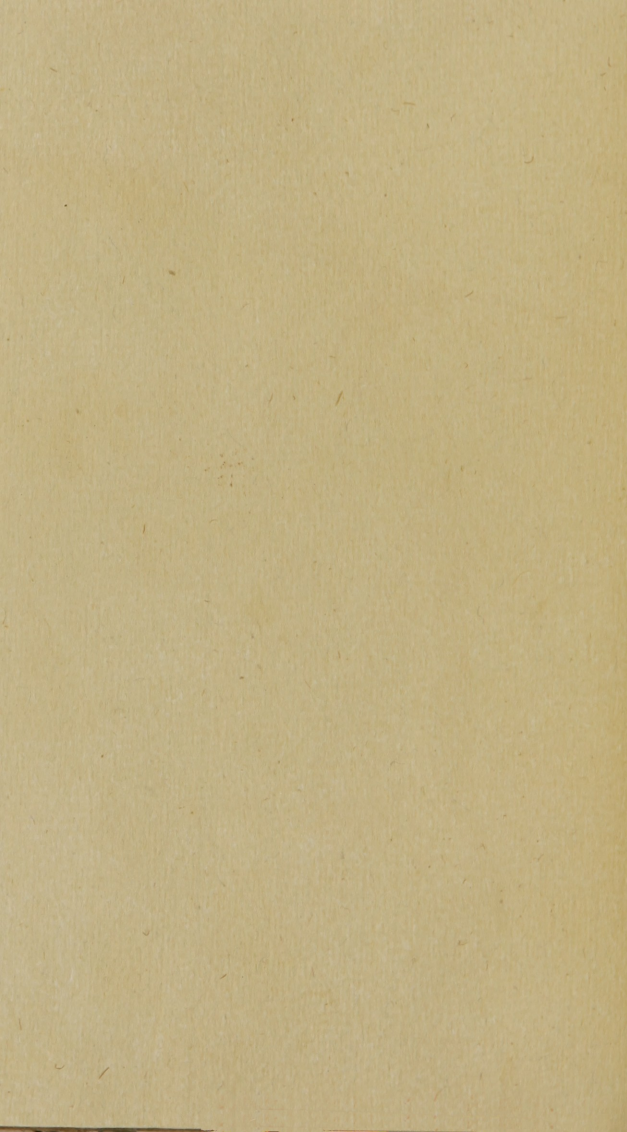
The great quantity of viscid malt liquor drank by the common people of England, cannot fail to render the blood sily and unfit for circulation, from whence proceed obstructions and inflammations of the lungs, &c. Buchan.

Malt liquors (excepting clear small beer of due age) are extremely hurtful to tender and studious persons. Cheyne.

There are few great ale drinkers who are not phthical, nor is that to be wondered at, considering the glutinous and almost indigestible nature of strong ale. Buchan.

Those who drink ardent spirits or strong wines do not run less hazard; these liquors heat and inflame the blood, and tear the tender vessels of the lungs in pieces. Buchan.

Doctor Cadogan in his late treatise on the gout, says, He cannot allow him to be strictly temperate, who drinks any wine or strong liquors at all, unless it be medicinally.



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